



Putting Parents in the Driver's Seat:

Counseling Techniques to Help Parents Cope
(7 and older)

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Destination

1. Where are you going?

Where do you want to take your relationship with your child?

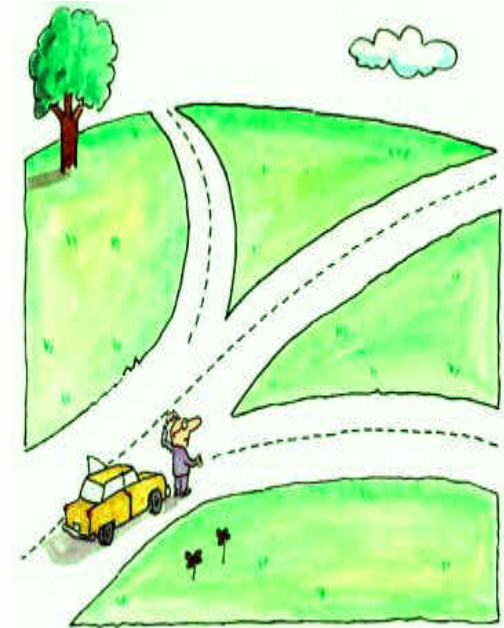
2. What is your goal?

What do you want to get out of your relationship with your child?

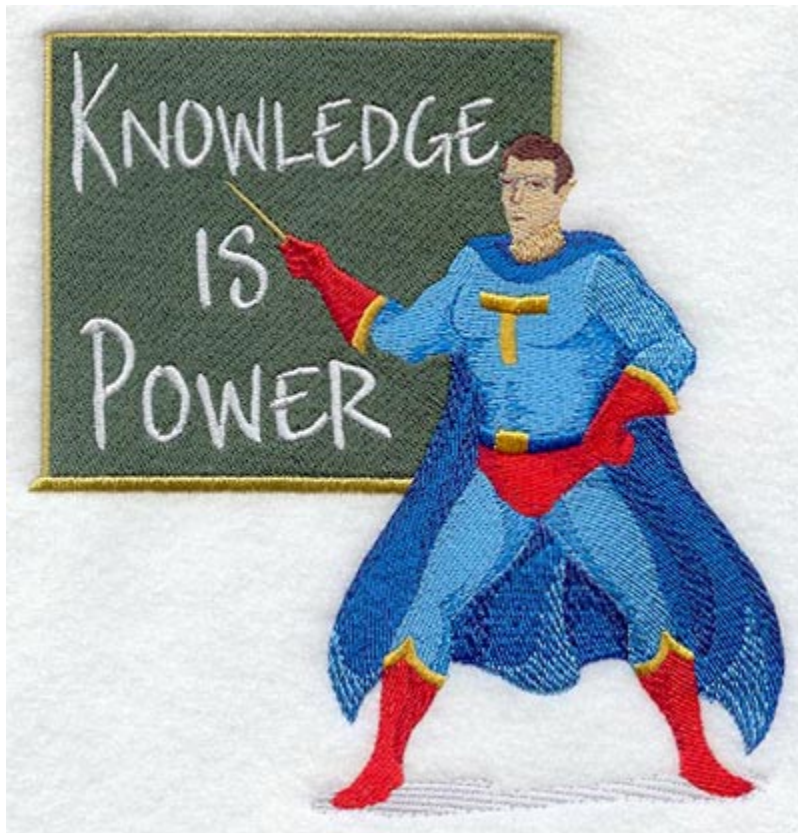
How can you accomplish your goal?

3. Why are you going there?

Why is this goal important to you as a parent?



WHAT YOU SHOULD KNOW FIRST...



Developmental Milestones

Is your child behaving appropriately according to his/her age?
Which behaviors is considered not appropriate?

Setting Realistic Rules

Are your expectations realistic for your child?

Enforcing Rules

Be realistic, firm, and consistent.
Consistency is the key!

Rewards and Reinforcements

What is appropriate for your child, and how to change accordingly to age?
It is crucial to give praise for the positive behaviors you see your child do!

What is an issue that is commonly
found across all families?

COMMUNICATION

They may forget what you said, but they will never forget how you made them feel.
-Mother Theresa

How Do We Know When to Slow Down?

Expectations are too high

Being too strict with rules

Repetition

Power Struggle

Unclear communication

Being too distant

Not invested in the relationship/goal

Inconsistency

Not on the same page in regards to the goal

Goal keeps changing



Collisions Happen

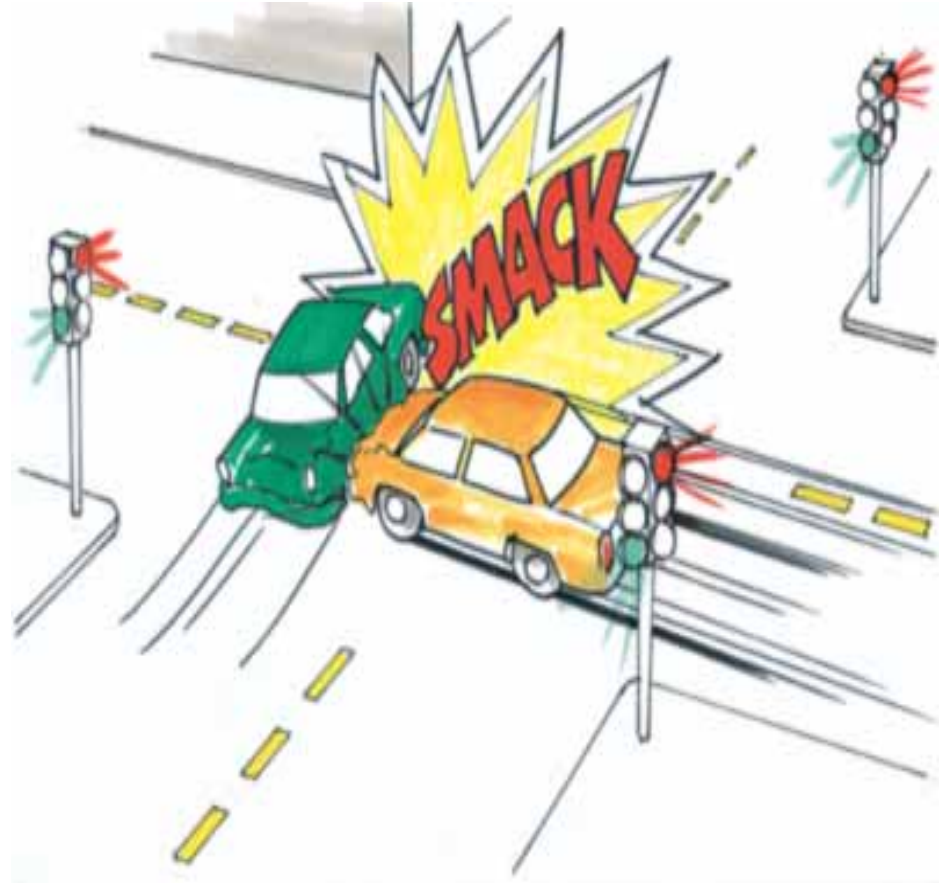
We are all human and not perfect.
Disagreements do happen.

Avoiding Collisions

Clear communication of expectations/goals
Give a lot of praise for positive behaviors

Dealing with Collisions

Stay calm and firm
Be a role model to your child





How Do You Become
an Expert in Driving?



Know the rules/expectations of the road

Plan for a smooth trip, but expect bumps in
the road

Getting over the bumps during your journey

At the End of the Race...

The effects of Successful Driving:

Reaching the goal (growing up)

Learning how to handle collisions

Use of words/signs rather than aggressive behavior

Arriving on time regarding the developmental milestones

Your child has coping tools to do what s/he wants in life

